

The **NATURIST LIFE**

Vol. 5

No. 7

INTERNATIONAL EDITION

THE JOURNAL FOR INTERNATIONAL NATURISM



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International Edition

Volume 5

July

Number 7 • 1963

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EDITORIAL STAFF

Editor

Karl-Johan Saarvälli

Tech. Editor

B. S. Nordenborg

Secretary

Rut Saarvälli

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THE NATURIST LIFE — A SOUNDER FORM OF LIVING!

Between heaven, sands and sea

Henrik Ek

A naturalist here tells about a summer event at the Baltic Sea.

The first days

The first day of our holiday the rain was pouring down constantly. So we hadn't imagined it. We put on the raincoats and were walking for hours along the empty beach in order to get local knowledge.

Next morning we were roused by the sun. Quickly out from the tent. We left the bathing area behind and walked towards the rising sun. It was still early in the morning and not a single human being was to be found. The sands dazzled. The foam of the waves was flying towards the beach. A warning sign told us that 2000 metres away this bathing area ended and that one should observe further warnings. Well, it was just what we wanted to see: we hoped that the signs might scare many heave people from visiting this dangerous place. We walked farther 500 metres and then down to the dunes. We were as alone as the first human beings and in the next moment also dressed as those, at least as they were in the beginning of their history.

When we were busy building our sand castle, we stopped surprised. Twelve metres away from us there came a young girl, naked and red as copper from head to feet, she ran over the glittering sands and disappeared in the waves. Two other girls

followed her. We looked at each other and laughed, yes, here everything was all right, here we should stay. After a while the girls disappeared behind the dunes. They looked hastily at us while we were playing with a ball in the water.

Then something much worse happened. A dressed couple arrived. We withdrew muzzling in our castle and hoped they should pass by. But no, they turned against us, saw our heads over the edge, stopped five metres away and started to build a sand castle. Fully dressed! Our happiness was gone. The two of them disappeared behind their wall and could now spy on every movement we made, if we dared... But after some minutes the young man appeared, stark naked — yes, it is true — and began playing with a badminton-racket. Certainly I jumped out too with my racket. But Ulla stayed behind and so did the other girl. But already after some minutes one could see two Eves and two Adams running over the beach and in the water as though they had become ten years younger.

Even the three girls emerged out of the dunes, playing ball, doing gymnastics and playing with the waves.

But more happened: unseen there was suddenly a young man, stark naked and brown as bronze so that we others looked

like white marble statues. Several times he shaded the eyes with his hand, as though he searched something far away. He is waiting for joining us, I thought. And really. When I threw a ball to him, he took it laughing and so he played with us too. But he had really searched for someone, for later there arrived a younger boy, who was very white in the skin, and especially white over the hips, as though

he first now had been aware of that it is possible to bathe without bathing-dress.

Next day we also invited the three girls to take part in the playing and they were willing. Then we were five women, four men, a little happy and harmless circle.

A good example removes bad habits.

We were very content people, who had met here and we were glad that no one



The free bathing — beaches give the visitor a feeling of freedom and independence . . .

disturbed the peace. The other beach was so far away, when we in the morning walked towards our beach. We didn't, however, remain alone so very long; more and more people arrived, as the report about us was spread. Some were brown on the whole body, others white over the breasts and the hips, so it was apparent, where they earlier had spent their holiday. We called them disrespectfully "whittings" and that they were called until the sun-rays had coloured them evenly brown.

At the end of the first week we were about twenty men and women and around there were still more people, who only were waiting for a suitable occasion to appear. Everywhere, on the dunes and on the beach, there were lying naked people, who played and bathed naked.

Even parents arrived with their children and joined us, in spite of that they up till now hadn't known that one can bathe naked in the open air. A couple of doctors had f.i. heard in the village that they bathed naked on the other side of the border. As they were curious, they walked there in order to see something piquant. They became, however, disappointed but also delighted so they wanted to follow our example immediately. Already next day they told their children, a twelve year old boy and a ten year old girl that they should stay alone on the beach for some hours.

Why, asked the children. — Yes, we shall bathe in a place without any bathing-

dresses on. — Naked? Cannot we do that too? — The parents didn't want to upset their plan and now they were caught. They looked a little inquiringly at the children but those looked innocently back. Well. The parents were a little oppressed on the way but when they saw their children playing on the beach without taking any notice about that the other bathers were naked, all their fear disappeared. And the father, who was the happy owner of a film camera, used it in order to keep those memorable days of sun, happiness and joy.

The long arm of Law.

As the days were running away, still more friends arrived. At the end of the third week, when our holiday unfortunately was ended, I counted without moving from my spot, 82 naked men and women, outspread on a beach covering some hundred metres. To count those, who were hidden behind the dunes, I considered unnecessary.

Then suddenly three policemen appeared. Should they make a raid? But they passed us without taking any notice of us. Apparently they had observed us for a long time and they considered us therefore not dangerous from a legal point of view.

One of the naked among us, who especially had been irritated with an old gentleman and a lady, who fully dressed used to be sitting watching us, took the occasion to point out the inappropriate in their manner, when the policemen were within

Page 6 above: Playing on the Mentafinet beach; Below: Some young ladies from Ile du Levant. Page 7: Aurrem is one of the many German free beaches.









sight. As an answer the couple reported us for indecent behaviour. As a girl had noticed that the man used to have a camera hidden under the bathing-gown and photographed us secretly, she told the policemen this. The result was that the couple got a sharp warning to stop the sneaking and the photographing. We ourselves got free without any proceedings.

For the pure everything is pure

Among the bathing-guests on the place, the rumour was spread that they bathed naked a little way from the bathing-beach and with every day the stream of curious people increased. Most of them were walking calmly through the area, looking as though they didn't notice anything at all. Others were so enchanted of this happy life that they to their own great surprise took off their clothes and joined us. But many of them, especially young boys, were lying behind the dunes and spied and now and then one saw a hand which tried to pry into the beach-bats. Or else they were unceasingly walking around the place and were staying close to the players, insolently grinning.

The naked people, especially the girls, tried to withdraw or cover the body — which annoyed us, because the playing was disturbed. Kind appeals were rewarded with insolent answers. But at last they were caught by strong arms and — despite they were dressed in their best suits — were thrown into the water.

The fishermen's children were much

more natural. They too were lying in the vicinity, prying, but when we asked them to come down they did. They got balls and in the future they were coming every day in order to play with us.

A lady with her 18—20 years old daughter appeared one day and stopped amazed at the sight of so many naked people. She laughed and regretted loudly that her daughter must see such things, she who never before had seen naked people. In spite of the care about the daughter's virtue she didn't refrain from walking slowly through the place with many head-shakes. If the poor daughter got any disadvantages from the sight, we don't know.

From a youth camp in the vicinity there came often young people in order to visit us. Some of them were walking around naked on the beach, while others played

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*I can't tell you where this Swedish girl is going but sure it is
somewhere on the Stockholm naturist site!*

and bathed among us without taking off their clothes. When the leader of the camp heard of that, he immediately forbade the young people to visit our beach.

Certainly there were also fishermen near the beach and since they were there for hours, it lasted too long for the naked bathers to keep themselves back. The fishermen didn't take offence when the naked people helped them to pull the nets up to the beach.

The great family

Naked, we all were alike. We nodded to each other, said farewell with a kind word, talked a little about one thing and another and found each other in the

playing. When we then met on the beach promenade or in another place we discovered with surprise that all naked had a profession, a title, a position. There were shop-keepers, dentists, professors at the university, students, photographers, book-sellers, teachers, veterinary surgeons, teachers of gymnastics, clerks, musicians, wives. Neither class-nor other border-lines could prevent this gay life. Now we met naked, without covers, hypocrisy and dissimulation, associated by the mutual love to the sea, the sun and the beach. Perhaps some of us should spend next holiday together. For soon the three short holiday weeks were ended and it only remained us to dream about next year's paradise.

Dangerous sun - bathing

First one must make clear that also the most wonderful sun-tan can be of a doubtful value and it is no measure of how well one has lived or how well one has felt during the holidays or on the journey. The skin is not feeling well after a too violent cure. If the sun-tan after some weeks has disappeared, it will appear that the skin is not at all strained or strengthened but on the contrary flabby and wrinkled, since the sun-bathing has been done in an inappropriate manner.

The ultra-violet rays are in themselves a very important health and healing medium for the organism, as for example regarding tuberculosis and rachitis. One has found out that the vitamin production of the skin cells increase in a high degree through exposure to ultra-violet rays. This is also the matter with exposure to intense

sun-light. Herewith especially the important vitamin D3 but also the vitamins A, C, D, E and the vitamins D2 and B12 so important for the blood are produced. These are developed under the influence of the sun-light.

This favourable influence can, however, only occur, if the organism successively has been used to increased doses of radiation. A sudden, too strong ultra-violet radiation, as for example at sun-bathing of an hour's duration during the height of the summer, can for people with heart- and blood circulation diseases lead to dangerous reactions, yes, even collapse.

Dark-haired people not only become tanned earlier but they are also better protected against the ultra-violet radiation than blond people.

Some facts about naturism

*ASA-American Sunbathing Ass. -
answers your questions*

Q. Is nudism a religion?

A. Nudism is not a formal system of worship and does not interfere (nor does it wish to) with whatever religious observances you now make.

Q. What kind of people are nudists?

A. Normal Americans who are, perhaps, a little better citizens than most. Careful studies have shown that, compared to the rest of the U. S. population, nudists are better schooled, earn more, and enjoy considerably greater family stability. The great majority of nudists are married and go to their favorite parks or resorts as a family unit.

Q. Do you mean by this that the children come too?

A. Definitely. Children have, perhaps, the best time of all. They learn many new and interesting things about the out-of-doors, improve their ability to get along together, and take to clothesless living with genuine zeal.

Q. Are all nudist parks about the same as far as paying them a visit is concerned?

A. No, they are not. Some nudist parks are highly developed resorts; others are still primitive as far as modern conveniences go. The type of reception varies, some parks will admit a single person while others accept married couples only.

Q. Are any single women members of nudist parks?

A. Quite a few and the percentage is increasing. Working girls, nurses, students, airline hostesses, and office workers make up the bulk of the single female nudists.

Q. Can you name for me a few prominent people who are nudists?

A. It is the universal policy of the ASA not to publicize in any way the names of its members unless the members themselves so desire. By the same token, your name will never be given out unless you ask that it be done.

Q. If I come to a nudist park, must I take off all of my clothes at once?

A. Normally, no. At a nudist park you have the privilege of disposing with clothing as weather may permit. If the temperature makes it advisable, wear all that you like. *Dress is required for dances held on the park grounds.*

Q. Why do nudists take EVERYTHING off? Can't they get just as much sunshine, or nearly as much, with shorts on? Why do they EXPOSE themselves?

A. Persistent and perennial is the question. "Why don't nudists just wear something? Why take it all off? The question is a valid one despite the fact that to ask it betrays an entire lack of understanding of philosophy and what nudism itself seeks to accomplish.

First of all, then one of the prime tenets of nudism is the fact that training children

and the population at large, that parts of themselves are indecent is miseducation in its purest form. From the medical viewpoint the idea of essential human anatomy being "indecent" is preposterous. From the religious viewpoint, we are created in God's own image according to the biblical statement to that effect. The sooner that all of us, and that means everyone, ceases to regard normalcy in human beings as something to dread over, and regard as lascivious, the sooner we will begin to be grown up about something which is of prime importance to us all, whether we realize it or not.

One of the major forces toward a more rational, and healthier, attitude toward our own bodies, is the nudist movement. Even newcomers to the nation's nudist parks find that they are suddenly without the anatomical curiosity and interest that is almost inescapable everywhere else.

There is a billion dollar industry in this country built up exclusively on curiosity about human anatomy. Burlesque, all kinds of strip tease act, stage, and downtown pornographic pictures, movies, and literature rake in a fabulous harvest, an unwholesome business which will die a certain death as soon as the nudist park is as popular as the golf course. People will still admire a pretty girl, but she will be admired for her beauty and not for the significant curves.

Secondly, there is an immense freedom experience in living entirely unclad that is destroyed when garments are worn just for concealment. A pair of sandals on the

feet, and a pair of sunglasses to shade the eyes, are all that is needed in fine weather. No one who has not experienced nudist living can ever grasp just how exhilarating this freedom of the body really is. It is a revelation which each new nudist experiences, and continues to experience for the rest of his nudist life.

Thirdly, absence of clothing makes many things possible which otherwise cannot be done. A fast volley ball game ends—the first call for Sunday dinner comes from the loud speaker system. The players, and spectators alike, step to the pool, kick off their sandals and dive in. Ten minutes later, dried and refreshed, they are ready to eat. A dozen times a day walking past the pool is an invitation to dive in for a moment, or for longer. No one willingly climbs back into a wet bathing suit in order to go swimming a second time, wet garments are universally distasteful. And sitting around in a wet, clinging garment after a dip, even in the warm sun, is an invitation to the body to react against this abuse. Even in summer it is not wise to sit in a breeze in soaking wet clothing. And furthermore, it's definitely uncomfortable. Such problems do not exist in nudist parks.

Lastly, the tiny bits of clothing considered "essential", the sort of thing which makes up a Bikini bathing suit, is regarded in nudist society as unspeakably vulgar. Such swatches focus attention onto certain areas of the body which in nudist parks are taken for granted. Nudists don't wear "something" just for the sake of concealment—because they know to do so would

From whole Europe naturists are coming to Ile du Levant where they find a permanent sun, a blue sea and friendly human beings

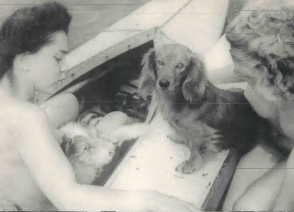














make them objects of scrutiny, as the rest of the population sometimes is right now.

Q. *How much do I have to tell of myself in order to be accepted by a nudist club?*

A. The director will want to know enough about you to assure him that you are a desirable person and a welcome guest. The rest of the guests need not be told any more than you wish, this is largely a matter of your own personal preference.

Q. *What chance is there that if I join, some of my activities may leak out and embarrass me?*

A. Very little. It is part of nudist etiquette that club members and visitors are not discussed off the grounds. In addition, being a nudist today is a far cry from the old days; nudist public relations activity has been notably successful.

CONCLUSION

Most objections to visiting a nudist park are the victims of a misunderstanding. Because a person does not wish to visit a nudist resort does not mean that he or she is not intelligent, co-operative, or reasonable in viewpoint—it is much more likely to mean that they have a pre-conceived idea which, if it were true, would dissuade almost anyone from coming out into the sun. In any family discussion of the subject, if a person declines to try out a nudist park, let them state plainly and honestly the reason. If it is then found that a misconception is responsible, it is entirely possible that it can be set right. In a few

instances (very few indeed) the objector may have a severe psychological fixation on the point — in such a case the subject is best closed for the time being.

The foregoing information is only a fraction of what is available on the key to complete mental and physical relaxation in this day of increasingly disturbing problems.

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Page 16—17: Two ladies visiting one of the famous beaches at the Baltic Sea. Page 19 above: Even the dog has fun on the sailingtrip to Helgoland

The earth gives you health

By Mary Chap

*In the warm, a little cloudy midday-
sun in July the air is shimmering with the
wonderful smells from the plants. I have
always liked this time of the day. My
garden, a little damp from the morning's
watering, seems as if it was sleeping, as a
big dark-brown animal, which is satisfied.*

Today I must thank it for the year's
spinach. I have bought the same seed as
before, but there is no resemblance to the
spinach I have got earlier. It can only be
depending on the new treatment I have
given the ground.

Perhaps one can speak to it now? And
will it answer me? It seems so, even though
one could mistake its light voice with the
bees' humming and the little bird's
twittering. And all the same I hear its
voice:

"Don't be surprised that your spinach
is so much better this year. Remember your
selfmade humus, that was at the spinach's
disposal."

"Your advice was excellent. And not so
much work. Not even my old gardener has
complained and it means a great deal with
that old grower."

"How was the taste? I mean on your
spinach?"

"Very good. You must know that we
very gladly are eating spinach, but most
people are not so delighted at it."

"You ought not to be surprised. Have
you never considered that in such a fat and
quick growing plant you eat everything

that you have given the earth as manure?
Only think of the horse dung. I very well
know why I have so energetically said no
to it."

"Yes, I now see you were right. And I
think I had better ask you about some
more matters too."

"What should you want to know then?"

"Yes, this about the primary manuring.
If I should not give the spinach any
primary manuring, I am not sure at all.
Give me a good piece of advice. You must
know best if so is the matter."

"When you are speaking about primary
manuring, I must remind you of your
garden plot with cabbage..."

"Yes, I know. And the carrots. And the
celery. No ones of those things have got
sufficiently with vegetable mould, because
it wasn't enough of it. The earth in my
garden is nowhere so poor as just there.
What shall I do?"

"First answer me: What do you know
about primary manuring?"

"What I know? Not much. I have many
times heard that one ought to give the
earth primary manuring this time. But
when I ask someone, I never get any real
answer. No one has explained it to me..."

"Have you ever looked at your cabbage
plants from beneath? When it comes to
roots, the matter is self-evident. But I
know that people don't care about things,
that are important."

"You are right. But I know how the cabbage plants look from beneath. I must reap them in the autumn. They have strong roots."

"Do you think your cabbage or your cauliflower should feel well if you dig them up with the roots and put them aside, when they weren't more than half-grown? Then you should dig in the hole, where the plants had been standing and put vegetable mould there. And at last you should put back the half-grown plants in their place. Do you think they should become better?"

"Heaven, no. Half of them should be destroyed. And besides I don't want this extra job."

"Well, you have given the right answer yourself. Now you know, why the gardeners have invented the primary manuring."

"One never thinks of things, that are nearest to hand. My neighbour — neighbour is too much said, she lives five houses from here — has often told me that she only uses fluid manuring."

"The matter is what her fluid manuring consists of. Have you ever seen it?"

"No, never. But I know that she throws masses of litter in her rain-water barrel and lets it remain there until it begins to stink and becomes viscous." And then she takes her old watering-can and pours it out on her plots as manuring."



The earth — the origin of everything and the never-ceasing mystery of life

"Ah, now I understand why my neighbour is always complaining of that one throws masses of poisonous microbes on him and other litter too."

"I don't understand the connection?"

"Yes, then I must explain it to you, for it isn't difficult to understand. The reason why one gives the earth primary manuring is, that the young plants, before they are half-grown, are sucking up most of the organic substances in the earth. These must be substituted. Otherwise the earth is not suitable for growing, because it lacks minerals. There are no longer any humus substances there. The plants are not satisfied and begin to suffer. With their fine roots they don't get any nourishment from the earth and from above they don't get air, light or even water."

"Well, that everyone must know."

"Everyone — oh, I am glad, if you at least understand it. The gardener certainly notices if his plants need better nourishment. And while he is convinced that the more stink and mouldering things he gives the earth, the better it will be, he certainly gives the earth it — yes, only think of your neighbour."

"Doesn't anyone ever tell the gardeners that they ought to do the manuring in another way?"

"Evidently not. Or else they don't believe it. Most of them have never seen a really sound earth and therefore they don't know either that the human beings cannot improve their earth so much."

"Not even through primary manuring?"

"No. If one is convinced that the humus percentage in the earth has diminished, what to do then?"

"One can give it human substances."

"It is the same thing with the organisms, which resolve and change the minerals. If those are short, one must supply further ones."

"Isn't this double work? Couldn't those two be combined?"

"Yes, it is possible. And since we are speaking about primary manuring, this is done with a real primary manuring."

"How is it done?"

"Very simple. You sift the rest in your rainwater-barrel and fill it with water. You must, however, see to it, that the water doesn't evaporate."

"Then one ought to cover it?"

"No, it is wrong. For the organisms need air and light. One fills the barrel cautiously. And then let it stand. If it is raining, that doesn't matter. But even then the water after two weeks will become green, for the green algae are swimming on the surface. You can stir round thoroughly once a day with a long stick."

"And then?"

"The green fluid, which doesn't sink at all, but smells fresh also for a human nose, you now pour over your cabbage plants and other places too. At last you take the mud and distribute it so everyone gets a little."

"Will this compensate the daily watering?"

Nudism at home — why not? Be sure that this Danish girl prefers nakedness to dress...









"Not at all. You must water as usual."

"Have you got any more vegetable mould?"

"No, not any old. But the new is just ready. If it is as good as it smells..."

"I am sure it is good."

"I already see how it makes my cabbage plants water in the mouth and how the young spinach sits down at the table..."

"If you with your human eye could see something of the organisms, you would be surprised."

"In the microscope in school they showed us green algae. Is this anything similar?"

"Yes. The name is of no importance. The main thing is what is useful. In the green soup masses of organisms are living, which can build up mineral salts. This they are doing in the nature, always and everywhere. It is also necessary, for the earth has always more minerals than organic substances."

"Why?"

"That you can ask me another time."

"I shall do that, for I am interested in it. And now — you must know that — I am going to my rainwater-barrel, so that the gardener can get it ready. It costs me an hour's salary and we get a fine primary manuring which doesn't stink. Thank you very much. I think you are sleeping."

"Sleeping... I don't sleep even in the night. I must work."

Now I get no more answer. The rain-water-barrel! I think it seems as if the heaven will fill the barrel tonight.

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The doctor's notebook:

Neuralgia

Most of us have suffered from this disease in one or another form. Neuralgia is a pain in the nerve, during which the nerve's structure doesn't suffer from any visible change or impairment.

Since there is an affluence of nerves in our body, it isn't strange that the pain can be caused by many and varying stimulants: tea, coffee, tobacco, alcohol. Also draughts and damp can damage the nerve and cause a more or less lingering pain.

One of the most common and most troublesome forms of neuralgia is that one

which affects the face, i.e. one side of the face. The symptoms are watery, bloodshot and smarting eyes, sore teeth or sore spots in the face which one cannot touch. Sometimes the neuralgia can be spread to the neck and the arms. The cause to such neuralgia can be a sudden shock or that the affected part suddenly has been exposed to strong cold.

Neuralgic headache sometimes reminds of the face troubles and can be caused by tooth- or eye troubles. It can also be caused thereby that the nerves are included in canals, which are exposed to pressure through damage or inflamed tissues.

Another form is neuralgia in the ribs. In this case the nerves within the space between the ribs are affected and the pain which can be very sharp, comes in paroxysms which become worse when one moves. This neuralgia often is preceded of an attack of shingles and lasts often long after this disease is cured.

Neuralgia must often be cured in different manners (since it in many cases is very resistant against treatment.) First it is necessary to observe all obvious sources of sickness: bad teeth, bad sight, constipation etc. Thereafter one must observe the diet: fat things — butter and cod-liver oil must be eaten in sufficient quantities. The doctor can prescribe different sorts of medicines in order to appease the pain, but medicine in itself is not sufficient but must be followed by a suitable diet and other precepts.

In more persistent cases electricity treatment has been used with encouraging result.

As a last resort it can be necessary with operation but generally it is possible to cure the disease in another way.

In next number:

The future of naturism

Meal and festivity

About incontinia

Kelvinia at the sea

The crime was — nakedness

I recently read a true description of a missionary and a native in the East Africa. The missionary tried to persuade a naked soldier to put on a pair of trousers.

— No, never, the soldier said contemptuously. If I did that, the women would think that I was misshapen or that I had got one of the white men's awful diseases.

That soldier saw the idea of dressing from the proper point of view. He was himself without shame and clothes were to him only a means to hide something one dared not show others. He is not alone of this opinion in his own country but where the "civilization" is ruling, the circumstances are different. It is so long ago we "civilized people" began to wear clothes that we have forgotten why.

But we can remind you of the reason. Where the clothes don't serve as a necessary shelter against cold or a too great heat, they serve as a cover of the "sinful" parts of our body. Why certain parts are sinful and others not, we have not decided but our church. One of the religion's most important occupations during all times, has been to impress upon us which parts, that are immoral and therefore must be covered with textiles. Why they are immoral, on this question we have got no answer, however.

The simplest explanation is: Nothing on the body is sinful. He who dares not admit that, must have something he is ashamed of. The native of Karamoja in the East Africa saw through the bluff and saw clearly. But how many dare?

The Naturist Life

Single copies, current issue, 75 o.

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